

# choosing health

In *Wholesome Nutrition For You*, authors IAN CRAIG and RACHEL JESSON offer a practical, science-based guide to smart eating.

## snack pack

makes 750g

### ingredients

- \* 250g assorted activated or raw nuts
- \* 250g assorted unpreserved dried fruit
- \* 150g assorted seeds
- \* 100g coconut flakes
- \* a handful of cacao nibs

### method

1 Mix all the ingredients together and either store in an airtight container or individual self-seal small packets for a “reach-and-go” option.

Keeping these snack packets readily available will save you from reaching out for that sugar-filled chocolate or an unhealthy bag of crisps.



## raw chocolate cupcakes with a chocolate ganache

makes 8–10 cupcakes

### ingredients

#### cupcakes

- \* 2 cups activated or raw walnuts
- \* 1 cup activated or raw pecan nuts
- \* a pinch of salt
- \* 1½ cups soaked, pitted dates
- \* ⅔ cup cacao powder
- \* 1 tsp vanilla extract
- \* filtered water

#### chocolate ganache

- \* ¾ cup organic agave or raw honey
- \* ½ cup cacao powder
- \* ¼ cup carob powder
- \* ⅓ cup melted coconut oil
- \* a pinch of salt
- \* ½ cup shredded dried coconut or grated organic orange or lemon zest

### method

- 1 In a food processor, pulse the nuts and salt until finely ground (do not over-process or the nuts will turn to butter).
- 2 Add the dates to the mixture and process until it becomes sticky. Add the cacao and vanilla, and a touch of water if the mixture seems too dry.
- 3 Drop 1–2 tablespoons of the mixture into each cup of a 12-cup cupcake tin and press down with your fingers to compact and mould the mixture.
- 4 Remove the cupcakes gently from the tin with a knife and place on a flat surface ready for icing.
- 5 Blend all the chocolate ganache ingredients (except the coconut shreds or zest for decoration) until smooth.
- 6 Spread the ganache over the cupcakes, then decorate. Refrigerate for 30 minutes before serving. They will keep for a week in the fridge (covered), or may be frozen un-iced.



## bacon, avo and cheese open toastie

serves 1–2

### ingredients

- \* 4–6 strips chopped bacon (from grass-fed animals)
- \* coconut oil for frying
- \* 2 slices sourdough rye bread, lightly toasted

- \* 1 small avocado
- \* 2 Tbsp organic feta cheese
- \* natural cracked salt and organic pepper to taste

### method

- 1 Fry the bacon in a little coconut oil, but be careful not to burn the bacon. Then chop into bite-size pieces.
- 2 On 1 slice of toasted rye, thickly smear half the avocado.
- 3 Crumble and press 1 tablespoon of feta into the smeared avocado.
- 4 Sprinkle half the chopped bacon over the feta.
- 5 Season with salt and pepper.
- 6 Repeat for the second slice.

Serve with a generous scoop of sauerkraut and some salad of your choice.



## raw granola with kefir nut cream

### ingredients

#### granola

- \* 1kg raw organic rolled oats
- \* 3 cups chopped assorted raw or activated nuts, such as almonds, cashews, Brazils, macadamia
- \* 2 cups chopped organic dried fruit, such as raisins, cranberries, apricots
- \* 1 cup sun-dried dates
- \* 1 cup raw dried coconut flakes
- \* 2 cups mixed seeds

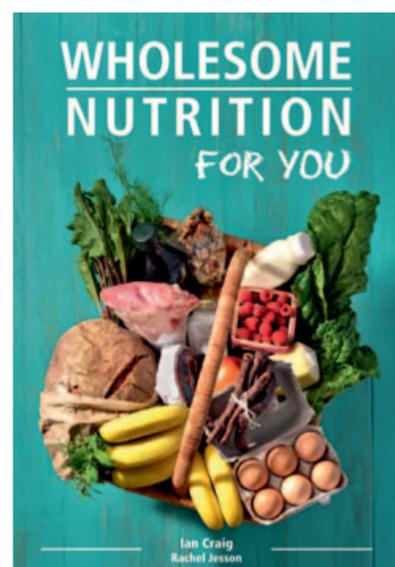
#### kefir nut cream

serves 2–3

- \* 150ml kefir
- \* ¼–½ cup cashew or macadamia nuts
- \* 1 tsp vanilla extract
- \* 3–4 fresh or soaked, dried dates
- \* pulp of 1 granadilla, 4–5 strawberries, ½ medium paw-paw, 1 banana, or a combination of fruits of your choosing

### method

- 1 Mix all the granola ingredients well and store in a sterilised, sealed 1,5kg glass jar.
- 2 Blend the kefir, cashew or macadamia nuts, vanilla extract and dates together; if a thicker consistency is required, add more nuts, and for a thinner cream, add more kefir or filtered water.
- 3 In a breakfast bowl, pour the kefir and nut mixture generously over a portion of granola and leave to soak for 1–2 hours before serving.
- 4 Add the mixed fresh fruit and serve. ☑



## about the book

Every now and then a refreshing and ethical book based on sound, proven scientific principles comes onto the market, which is more than just another trendy diet book. In this book, nutritional therapist and exercise physiologist Ian Craig and his co-author, health food specialist and sports scientist Rachel Jesson, cover in detail the emotive topics of nutrition and health from a scientific perspective. They neatly unwrap all the jargon and pseudo-mystique, offering sensible, practical, economical, everyday dietary approaches. The book is published by Struik Lifestyle and is available at book stores for a recommended retail price of R200.